

## **Historic, Archive Document**

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# Enjoy Vegetables



Vegetables are easy to buy and store,  
fun to cook, and good to eat all during  
the year.

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## **Vegetables add good things to your meals:**

- Fresh flavors
- Different shapes and textures
- Bright colors
- Few calories
- Lots of fiber, vitamins, and minerals.

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## **Choose fresh vegetables that are:**

- Clean and firm with smooth skins.
- Crisp and fresh with no yellow leaves.

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## **When buying frozen or canned vegetables:**

- Get frozen foods last so they will stay solid until you get home.
  - Choose packages that are frozen hard. Wet, limp, or stained packages may have been thawed and refrozen. The quality may not be good.
  - Avoid dented cans that are swollen or leaking. The food in them may be spoiled.
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Fresh vegetables can be good buys all during the year.

### All Year

Broccoli  
Cabbage  
Carrots  
Celery  
Lettuce  
Onions  
Potatoes  
Spinach  
Sweet potatoes

### In Season

#### **Summer:**

Corn  
Cucumbers  
Peppers  
Tomatoes

#### **Fall:**

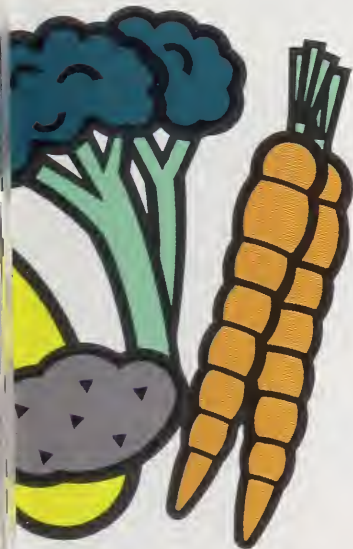
Cauliflower  
Other hard-shelled squash  
Pumpkin

#### **Winter:**

Brussels sprouts  
Greens  
Parsnips  
Turnips

#### **Spring:**

Beets  
Green onions  
Radishes  
Squash



For extra savings look for “Special Buys” in your local market.

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## **Vegetables taste great when you cook them the right way:**

- For a short time,
- In a little water,
- At a low temperature, and
- With only a little fat or salt.

### **Fresh**

- Rinse well.
- Trim away any stems, soft spots, or damaged leaves.
- Cook with the skin on to keep the nutrients in.
- Simmer, bake, or stir-fry until tender.

### **Frozen**

- Simmer in a covered pot with a little water.
- Follow package directions for cooking time.

### **Canned**

- Empty the can into the pot. Do not add extra water.
  - Just heat. Canned vegetables are already tender.
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## Colorful Cabbage Slaw

6 servings

- 3 tablespoons mayonnaise
- 1 teaspoon sugar
- 2 teaspoons lemon juice or vinegar
- 2 cups cabbage, finely chopped
- 1 medium carrot, grated
- 1 small red apple, diced

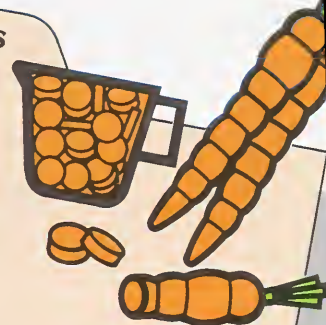
1. In a large bowl mix together mayonnaise, sugar, and lemon juice or vinegar.
2. Add the cabbage, carrot, and apple. Mix well.
3. Cover and chill several hours.

## Orange-Flavored Carrots

4 servings

- 3 cups carrots, sliced
- 2 tablespoons onion, chopped
- $\frac{1}{8}$  teaspoon salt
- $\frac{1}{2}$  cup boiling water
- 2 tablespoons frozen orange juice concentrate
- 1 teaspoon lemon juice

1. Add carrots, onion, and salt to boiling water. Cover and simmer gently until carrots are tender, about 20 minutes. Drain, but save 2 tablespoons of the cooking liquid.
2. Add orange juice concentrate, lemon juice, and the cooking liquid you saved to the vegetables. Stir gently. Heat again until vegetables are hot.



## To Stir-Fry Fresh Vegetables:

- Heat oil in a skillet until hot. Use 1 teaspoon of oil for every  $1\frac{1}{2}$  cups of vegetables.
- Add bite-sized pieces of vegetables. Try these alone or together: cabbage, carrots, green beans, green pepper, onions, and tomatoes.
- Stir and turn vegetables until done.



## Vegetable Fried Rice

4 servings

- 2 teaspoons oil
- $\frac{1}{2}$  cup celery, sliced
- $\frac{1}{4}$  cup onion, chopped
- 10-oz package frozen peas and carrots
- 2 cups cold rice, cooked without salt
- 1 tablespoon worcestershire sauce
- $\frac{1}{4}$  teaspoon garlic powder
- $\frac{1}{4}$  teaspoon salt
- Dash of pepper

1. Heat oil. Add celery and onion. Stir-fry for 2 minutes.
2. Add peas and carrots. Stir-fry again, turning pieces all the time until they are tender, about 4 minutes.
3. Add rice and flavorings.
4. Stir-fry until rice is heated, about 2 minutes.



## To Simmer Vegetables:

- Put them in a pot.
- Add about  $\frac{1}{2}$  cup of water.
- Cover pot, simmer only until tender.

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# Money-Saving Ideas

1. Save vegetable trimmings such as celery leaves and broccoli stalks in plastic bags.
    - Use them in soups, stews, or sauces.
    - Chop or grate them and mix with ground meat for hamburgers or meat loaf.
  2. Serve leftover vegetables cold with dressing as a salad.
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## For extra flavor add:

- Black pepper
- Garlic
- Green pepper
- Lemon juice
- Onions

**\$ Make Your Food Dollars Count \$**